

CLASSIC

WEEKS 1 - 3

DAY 1 - TOTAL SYNERGISTICS
DAY 2 - AGILITY X
DAY 3 - X3 YOGA
DAY 4 - THE CHALLENGE
DAY 5 - CVX
DAY 6 - THE WARRIOR
DAY 7 - REST OR DYNAMIX

WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - CVX
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

MASS

WEEKS 1 - 3

DAY 1 - TOTAL SYNERGISTICS
DAY 2 - AGILITY X
DAY 3 - X3 YOGA
DAY 4 - THE CHALLENGE
DAY 5 - PILATES X
DAY 6 - INCINERATOR
DAY 7 - REST OR DYNAMIX

WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX
DAY 2 - DYNAMIX
DAY 3 - THE WARRIOR
DAY 4 - PILATES X
DAY 5 - AGILITY X
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

LEAN

WEEKS 1 - 3

DAY 1 - ACCELERATOR
DAY 2 - THE WARRIOR
DAY 3 - X3 YOGA
DAY 4 - CVX
DAY 5 - ISOMETRIX
DAY 6 - AGILITY X
DAY 7 - REST OR DYNAMIX

WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - AGILITY X
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

DOUBLES

WEEKS 1 - 3

DAY 1 - TOTAL SYNERGISTICS & COLD START
DAY 2 - AGILITY X & DYNAMIX
DAY 3 - X3 YOGA
DAY 4 - THE CHALLENGE & COLD START
DAY 5 - CVX & DYNAMIX
DAY 6 - THE WARRIOR
DAY 7 - REST OR DYNAMIX

WEEK 4 - TRANSITION

DAY 1 - ISOMETRIX
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - AGILITY X
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

CLASSIC

WEEKS 5 - 7

DAY 1 - ECCENTRIC UPPER
DAY 2 - TRIOMETRICS
DAY 3 - X3 YOGA
DAY 4 - ECCENTRIC LOWER
DAY 5 - INCINERATOR
DAY 6 - MMX
DAY 7 - REST OR DYNAMIX

WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - CVX
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

MASS

WEEKS 5 - 7

DAY 1 - ECCENTRIC UPPER
DAY 2 - ECCENTRIC LOWER
DAY 3 - X3 YOGA
DAY 4 - ECCENTRIC UPPER
DAY 5 - ECCENTRIC LOWER
DAY 6 - MMX
DAY 7 - REST OR DYNAMIX

WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX
DAY 2 - DYNAMIX
DAY 3 - THE WARRIOR
DAY 4 - PILATES X
DAY 5 - DECELERATOR
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

LEAN

WEEKS 5 - 7

DAY 1 - TRIOMETRICS
DAY 2 - THE WARRIOR
DAY 3 - X3 YOGA
DAY 4 - MMX
DAY 5 - INCINERATOR
DAY 6 - CVX
DAY 7 - REST OR DYNAMIX

WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - AGILITY X
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

DOUBLES

WEEKS 5 - 7

DAY 1 - ECCENTRIC UPPER & ACCELERATOR
DAY 2 - TRIOMETRICS & DYNAMIX
DAY 3 - X3 YOGA
DAY 4 - ECCENTRIC LOWER & CVX
DAY 5 - INCINERATOR & ISOMETRIX
DAY 6 - MMX & DYNAMIX
DAY 7 - REST OR DYNAMIX

WEEK 8 - TRANSITION

DAY 1 - ISOMETRIX
DAY 2 - DYNAMIX
DAY 3 - ACCELERATOR
DAY 4 - PILATES X
DAY 5 - AGILITY X & DYNAMIX
DAY 6 - X3 YOGA
DAY 7 - REST OR DYNAMIX

CLASSIC

WEEKS 9 AND 11

DAY 1 – DECELERATOR
DAY 2 – AGILITY X
DAY 3 – THE CHALLENGE OR
COMPLEX UPPER
DAY 4 – X3 YOGA
DAY 5 – TRIOMETRICS
DAY 6 – TOTAL SYNERGISTICS OR
COMPLEX LOWER
DAY 7 – REST OR DYNAMIX

WEEKS 10 AND 12

DAY 1 – DECELERATOR
DAY 2 – MMX
DAY 3 – ECCENTRIC UPPER
DAY 4 – TRIOMETRICS
DAY 5 – PILATES X
DAY 6 – ECCENTRIC LOWER
DAY 7 – REST OR DYNAMIX

WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX
DAY 2 – ACCELERATOR
DAY 3 – PILATES X
DAY 4 – X3 YOGA
DAY 5 – DYNAMIX
DAY 6 – REST OR DYNAMIX
DAY 7 – FINAL FIT TEST &
PHOTO SHOOT

LEAN

WEEKS 9 AND 11

DAY 1 – DECELERATOR
DAY 2 – MMX
DAY 3 – ECCENTRIC LOWER OR
COMPLEX LOWER
DAY 4 – X3 YOGA
DAY 5 – TRIOMETRICS
DAY 6 – ECCENTRIC UPPER OR
COMPLEX UPPER
DAY 7 – REST OR DYNAMIX

WEEKS 10 AND 12

DAY 1 – MMX
DAY 2 – DECELERATOR
DAY 3 – TRIOMETRICS
DAY 4 – PILATES X
DAY 5 – DECELERATOR
DAY 6 – CVX
DAY 7 – REST OR DYNAMIX

WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX
DAY 2 – ACCELERATOR
DAY 3 – PILATES X
DAY 4 – X3 YOGA
DAY 5 – DYNAMIX
DAY 6 – REST OR DYNAMIX
DAY 7 – FINAL FIT TEST &
PHOTO SHOOT

MASS

WEEKS 9 AND 11

DAY 1 – ECCENTRIC UPPER
DAY 2 – ECCENTRIC LOWER
DAY 3 – X3 YOGA
DAY 4 – ECCENTRIC UPPER
DAY 5 – ECCENTRIC LOWER
DAY 6 – MMX
DAY 7 – REST OR DYNAMIX

WEEKS 10 AND 12

DAY 1 – TOTAL SYNERGISTICS
DAY 2 – AGILITY X
DAY 3 – X3 YOGA
DAY 4 – THE CHALLENGE
DAY 5 – PILATES X
DAY 6 – INCINERATOR
DAY 7 – REST OR DYNAMIX

WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX
DAY 2 – X3 YOGA
DAY 3 – DECELERATOR
DAY 4 – ECCENTRIC LOWER
DAY 5 – ECCENTRIC UPPER
DAY 6 – DYNAMIX
DAY 7 – FINAL FIT TEST &
PHOTO SHOOT

DOUBLES

WEEKS 9 AND 11

DAY 1 – DECELERATOR &
ACCELERATOR
DAY 2 – MMX & PILATES X
DAY 3 – THE CHALLENGE OR
COMPLEX UPPER &
X3 AB RIPPER OR DYNAMIX
DAY 4 – X3 YOGA & AGILITY X
DAY 5 – TRIOMETRICS &
ISOMETRIX
DAY 6 – TOTAL SYNERGISTICS OR
COMPLEX LOWER &
X3 AB RIPPER OR DYNAMIX
DAY 7 – REST OR DYNAMIX

WEEKS 10 AND 12

DAY 1 – DECELERATOR &
ACCELERATOR
DAY 2 – CVX & PILATES X
DAY 3 – ECCENTRIC UPPER &
MMX
DAY 4 – TRIOMETRICS &
ISOMETRIX
DAY 5 – X3 YOGA & CVX
DAY 6 – ECCENTRIC LOWER &
DYNAMIX
DAY 7 – REST OR DYNAMIX

WEEK 13 – VICTORY WEEK

DAY 1 – ISOMETRIX
DAY 2 – ACCELERATOR
DAY 3 – PILATES X
DAY 4 – X3 YOGA
DAY 5 – DYNAMIX
DAY 6 – REST OR DYNAMIX
DAY 7 – FINAL FIT TEST &
PHOTO SHOOT

Consult your physician, read the Fitness Guide, and follow all safety instructions before beginning this high-intensity and physically demanding exercise program.

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